

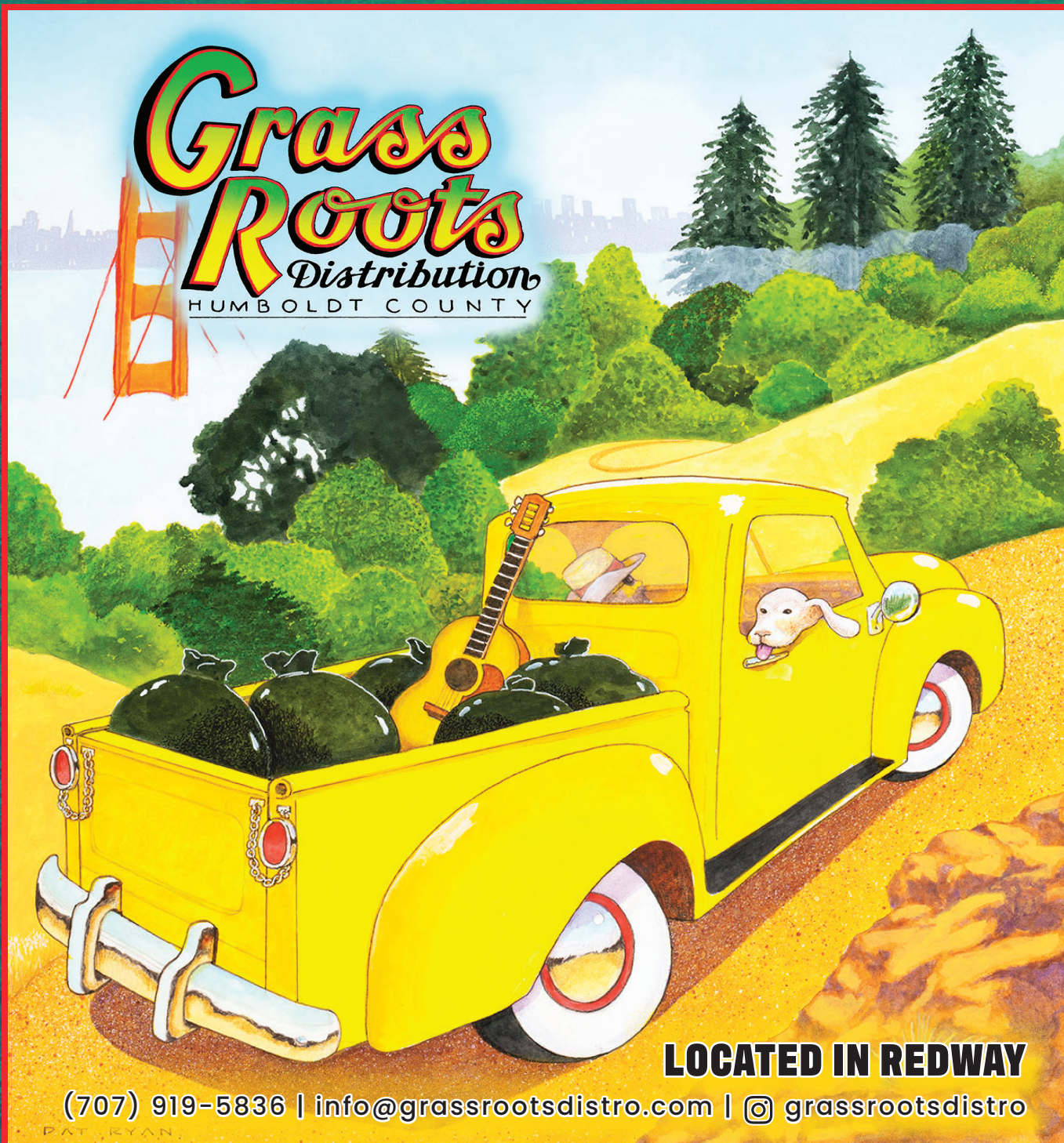
NORTH COAST TRADER



**BUY • SELL
TRADE**

OCT. 4 - OCT. 18, 2022
VOL. 3 NO. 20

FREE



**Grass
Roots**
Distribution
HUMBOLDT COUNTY

LOCATED IN REDWAY

(707) 919-5836 | info@grassrootsdistro.com | [@grassrootsdistro](https://www.instagram.com/grassrootsdistro)

CANNABIS WHOLESALE | TRANSPORT | TESTING | PACKAGING | STORAGE

Bertch® VANITIES 15% OFF



FAUCETS



15% OFF



MOEN



10% OFF



25% OFF

BATHROOM ACCESSORIES



C206084

American Standard
TOILETS

ADA # C206081

10% OFF

BATHROOM FANS

20% OFF



**PERMAWHITE
"MILDEW PROOF"
BATHROOM PAINT**

15% OFF

HOME IMPROVEMENT MADE EASIER!

FORBUSCO
LUMBER & BUILDING SUPPLY

(707) 725-5111
1784 Smith Lane
Fortuna, CA. 95540

HOURS:
MON - SAT:
7:30 a.m. - 5:30 p.m.
SUNDAY:
9:00 a.m. - 3:30 p.m.

Roy's AUTO CENTER

KICK OFF TO SAVINGS SUPER SALE



2014 HONDA ACCORD EX-L
LEATHER, HEATED SEATS, MOON
ROOF, PUSH-BUTTON START, BACKUP
CAMERA, BLUETOOTH WIRELESS AND
CARFAX ONE OWNER!
ONLY \$17,995 #34122



2006 TOYOTA TUNDRA 4WD
SR5 DOUBLE CAB WITH UNDER
95,000 MILES!! V8, AUTOMATIC,
TOW PACKAGE, BED LINER, POWER
SLIDING REAR WINDOW! EXTRA CLEAN!!
ONLY \$20,995 #33022



2016 DODGE JOURNEY AWD
THIRD ROW SEATING, FRONT AND
REAR AIR CONDITIONING, SATELLITE
RADIO, ROOF RACK AND ONLY
\$80,000 MILES!
ONLY \$15,995 #23422

Roy's NEEDS NEW INVENTORY

WE PAY CASH FOR YOUR CARS!
WE WANT YOUR TRADE IN, PAID FOR OR NOT!
COME SEE US NOW!

VIEW OUR INVENTORY ONLINE AT ROYSAUTCENTER.COM

**5th & Broadway
Eureka**

707-443-3008

**You gotta see the boys at Roy's!
2 Locations to Serve You!**



**Like us on
facebook!**

facebook.com/roysautocenter

**5th & A Street
Eureka**

707-443-7697

All vehicles subject to prior sale. All prices plus tax, license, smog & documentation. Prices good through 10/18/22.



NAPA PARTS

NAPA Know How

See Richard, Lori, Garrett,
Adrian, Joe and Shannon

for All Your Automotive Needs!
Check us out at napaonline.com

655 Redwood Drive
Garberville 923-2732



Redwood Coast Regional Center

*Be a part of a
great team!*

LICENSED CLINICAL PSYCHOLOGIST

FT in Eureka, CA. Provide clinical
services for individuals w/dev &
intellectual disabilities. Sal range
starts \$7542/mo. Exc. bene.

Visit www.redwoodcoastrc.org
for more info & required docs. EOE



Redwood Coast Regional Center

*Be a part of a
great team!*

SOCIAL WORKER

FT in Eureka, CA. Advocating
& coord. services for indiv. w/
dev & intellectual disabilities.
Requires BA w/exp in human
services or related field. Sal range
starts \$3990/mo. Exc. bene.

Visit www.redwoodcoastrc.org
for more info & required docs. EOE

NORTH COAST TRADER

BUY • SELL • TRADE

The Trader is published every other Tuesday and distributed in Humboldt, Trinity, Mendocino, Lake, Del Norte and Curry counties. The opinions expressed in this publication are those of the authors or advertisers. They do not purport to reflect the opinions or views of The Trader magazine. We reserve the right to refuse or edit at our discretion all editorials, display and private party ads. The Trader is not responsible for any ad transaction between buyer & seller. Avoid scams by dealing locally, face-to-face. © 2022 The North Coast Trader. Entire contents are copyrighted. No portion may be reproduced without publisher's written permission.

TABLE OF CONTENTS

- | | |
|--|---|
| 6 California Outdoors Q&A | 15 Harvest, Store and Preserve Herbs from the Garden |
| 10 3 Ways a Physical Therapist Can Help You Manage Long COVID | 16 Calendar of Events |
| 12 5 Factors to Consider When Buying a Fridge | 19 Sudoku |
| 14 Expert Tips to Organize Your Home for Fall | 23 Home Country |
| | 23 Crossword |

NORTH COAST TRADER STAFF

PUBLISHER Melissa Sanderson • melissa@northcoastjournal.com

EDITOR Jennifer Fumiko Cahill • jennifer@northcoastjournal.com

CALENDAR EDITOR Kali Cozyris • calendar@northcoastjournal.com

PRODUCTION MANAGER Holly Harvey • holly@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION

Heidi Bazán Beltrán, Dave Brown, Rory Hubbard, Renée Thompson
ncjads@northcoastjournal.com

ADVERTISING MANAGER Kyle Windham • kyle@northcoastjournal.com

TRADER SALES DIRECTOR Bruce Proctor • bruce@thetrader707.com

SENIOR ADVERTISING REPRESENTATIVES

Bryan Walker • bryan@northcoastjournal.com Judeen Peck • judeen@thetrader707.com

ADVERTISING REPRESENTATIVE

Heather Luther • heather@northcoastjournal.com

CLASSIFIED ADVERTISING Mark Boyd • classified@northcoastjournal.com

INSIDE SALES REPRESENTATIVE Trevor Lee • trevor@northcoastjournal.com

BOOKKEEPER Deborah Henry • billing@northcoastjournal.com

OFFICE MANAGER/DISTRIBUTION Michelle Dickinson • michelle@northcoastjournal.com

MAIL/OFFICE

310 F St., Eureka, CA 95501 | 707 442-1400 | FAX: 707 442-1401 | www.thetrader707.com

2500LB. ALL-HYDRAULIC CRANE FOR SALE.

Auto Crane Light style with extend-a-boom, mounted on an F350 flatbed (included) with dually tires. Asking \$5,000. Call Jefferson, 541-613-8581 or email jeffersonparson@gmail.com.

WANTED: RENTAL HOME FOR QUIET,

responsible, retired airline employee. Seeking 1bd home to rent. No smoking/pets. FICO score above 750. Westhaven/Trinidad. Ron, 530-410-1516



McCREA SUBARU



406 5TH STREET
EUREKA
(707) 442-1741



2014 FORD FUSION SE

6 speed automatic, Front-wheel Drive, 2.5L I-4 cyl

\$11,995
PLUS T&L



#2007169D

2010 NISSAN XTERRA X

4WD, 4dr Manual X, 4.0L 6 Cyl

\$13,945
PLUS T&L



#2007201C

2019 TOYOTA YARIS LE

6 speed automatic, front wheel drive 1.5L I-4 cyl Engine

\$17,995
PLUS T&L



#2007284A

2017 NISSAN ALTIMA 2.5 S

Automatic CVT, 2.5L 4 cyl Engine, FWD

\$19,995
PLUS T&L



#2007034B

2017 HYUNDAI ELANTRA LIMITED

6 speed automatic, 2.0L I-4 cyl Engine, Front-wheel Drive

\$19,995
PLUS T&L



#2007251C

2019 NISSAN ALTIMA 2.5 SV

2.5 SV Sedan, 2.5-Liter Direct Injection

\$24,995
PLUS T&L



#1006666

2019 HONDA ACCORD HYBRID TOURING

Continuously variable automatic, Front-Wheel Drive, 2.0L I-4 cyl Engine

\$29,995
PLUS T&L



#2007113B

2021 SUBARU CROSSTREK SPORT

Sport CVT, 2.5L 4cyl,

\$33,995
PLUS T&L



#2007038A

2020 JEEP CHEROKEE LTD

9 speed automatic, 3.2L V6 Engine, 4WD

\$33,995
PLUS T&L



#2007166A

2019 JEEP GRAND CHEROKEE LAREDO

8 speed automatic, 3.6L V6 Engine, 4WD

\$29,995
PLUS T&L



#2007112A

2019 NISSAN FRONTIER PRO-4X

5 speed automatic, 14.0L V6 Engine, Part-time 4WD

\$36,995
PLUS T&L



#2007021B

2018 FORD F-150

6 speed automatic, 2.7L 6 cyl Engine, RWD

\$36,995
PLUS T&L



#2007169B

McCrea Nissan Call Matt - 707-442-1741 www.mccreanissan.com

GEAR UP & GO WITH LEER!



TRUCK CANOPIES AND TONNEAU COVERS

Now taking orders for the 2022 Toyota Tundra



ALL MAKES & MODELS • COLOR MATCH • FIBERGLASS • COMMERCIAL CABS
Ford • Chevy • GMC • Dodge • Toyota • Nissan

Ask about
our Used
In Stock
Canopies

CUSTOM ORDER
Now



Financing
NOW Available



Ad expires 10/18/22

McCrea Nissan

601 7th Eureka | 442-1741

Is CDFW Doing Anything To Improve Genetic Diversity Of Planted Steelhead?



CDFW

Planted Steelhead

Q: Is CDFW doing anything to improve genetic diversity of planted steelhead?

A: Yes. CDFW follows recommendations from the Hatchery Science Review Group, requirements in Biological Opinions, and works with partner fisheries management agencies to develop Hatchery Genetic Management Plans (HGMPs). HGMPs, which are specific to each hatchery program, prioritize hatchery practices that ensure genetic diversity of the steelhead run is maintained or improved when possible. Under the HGMPs, CDFW has a target number of natural origin steelhead that are incorporated into the hatchery broodstock which ensures there is no genetic drift between hatchery and natural origin fish. These efforts coincide with assessing the run of steelhead to predict peak run timing. CDFW is making every effort to maintain genetic diversity and to keep the steelhead run sustainable for generations to come.

Hatcheries are constantly evaluating their practices and adopting the best

scientific methods to maintain genetic diversity. Steelhead are produced to mitigate for construction of dams that blocked off historic spawning habitat and in order to sustain a healthy population in rivers such as the Russian, Feather and Mokelumne, to name a few, and to provide maximum angler opportunity while adhering to best hatchery management practices.

CDFW raises steelhead at several of its hatcheries including Warm Springs Fish Hatchery in Sonoma County, Nimbus Fish Hatchery in Sacramento County, and Mad River Fish Hatchery in Humboldt County.

Beaver Dams

Q: How can beavers help tamp down wildfire risk?

A: Beavers are incredibly good at engineering dams that slow water down and spread it out. The process can help wet larger areas of land conducive to vegetation growth which are much greener and lusher than typical side channel growth in water restricted areas. In turn, this can act as a buffer to wildfires

potentially moving through the area by either stopping the spread or slowing it down.

Funding for CDFW's new beaver restoration program was identified and approved in June as part of the FY 22-23 Budget Act. The program funds dedicated scientists who, once hired by CDFW, will begin working on projects that help the environment by bringing beavers back to California rivers where they once thrived. This is new funding and a new program for CDFW. However, CDFW has been, and still is, involved in beaver restoration activities through some of its fisheries and restoration grant programs.

Black Bears

Q: There are some problem bears in our small community of cabins and vacation homes in the Mammoth Lakes area. Specifically, we have a mother bear with two cubs routinely breaking into properties looking for food and making a mess. The property damage is extensive. Does CDFW relocate problem bears?

A: We're very sorry to hear about these unwanted human-bear encounters. The root cause of most human-bear conflicts throughout California is black bears gaining access to food attractants such as human or pet food and garbage. This is often due to unintentional or intentional feeding, both of which are illegal in addition to being unhealthy

CONTINUED ON PAGE 8 →

2016 Chevy Colorado 4x4 Extended Cab
Only 19K miles - Like New
Vin #162749

AUTO MART
707-459-3039

32 Year Anniversary

WILLITS
GATEWAY TO THE REDWOODS

LARGE SELECTION of Cars and Trucks

NORTHWOOD

7th & Dst
Eureka

CHEVROLET HYUNDAI 707-443-4861



\$10,995

2013 Chevrolet
Impala
92,645 miles
U03134



\$12,995

2014 Chevrolet
Impala Limited
97,632 miles
U03135



\$16,995

2017 Chevrolet
Cruze
61,870 miles
U03129



\$16,995

2016 Chevrolet
Impala
105,711 miles
U03115



\$19,995

2019 Nissan
Sentra S CVT
61,045 miles
U03125



\$19,995

2019 Nissan
Sentra
62,771 miles
U03126



\$20,995

2020 Chevrolet
Sonic
10,053 miles
N02137



\$23,595

2020 Chevrolet
Malibu
66,297 miles
U03122



\$23,995

2017 Ford Super
Duty F-350 SRW
164,940 miles
U03109



\$24,995

2020 Nissan
Altima
48,174 miles
U03111



\$26,995

2016 Ford
F-150 XL
86,290 miles
U03051



\$27,995

2021 Nissan
Kicks
12,376 miles
U03119



\$27,995

2020 Hyundai
Sonata
30,850 miles
U03120



\$28,995

2017 Mazda
MX-5 Miata RF
23,120 miles
U03055



\$33,295

2015 Ford F-150
Lariat 4x4
83,037 miles
U03084



\$37,995

2020 Toyota
Tacoma 4WD
46,364 miles
U03098



\$38,995

2020 Hyundai
Santa Fe Limited 2.0t
37,265 miles
U03104



\$38,995

2018 Chevrolet Suburban
4x4 Midnight 1500 LT
86,672 miles
U03118



\$39,995

2019 Toyota
4Runner 4x4
32,884 miles
U03058



\$40,995

2021 Chevrolet
Colorado
3,930 miles
U03093



\$42,995

2020 Toyota Tacoma
4WD TRD Sport
23,508 miles
U02993



\$45,595

2019 Ram 1500
Laramie 4x4
41,148 miles
U03130



\$56,995

2015 Chevrolet Silverado
2500HD LTZ Duramax
52,400 miles
U03053



CONTACT US

2019 Dodge
Charger GT
67,430 miles
U03131

NORTHWOODHYUNDAI.COM

Sale price does not include Tax, License or \$80 Document fee. Subject to prior sale. Loans subject to credit lenders approval. Ad Expires 10/18/22

Photo Estimates Available

Call for details



CERTIFIED COLLISION REPAIR



**VOTED HUMBOLDT'S
BEST AUTO BODY SHOP**

**SIX YEARS
IN A ROW!**



**949 W Del Norte St, Eureka
(707) 443-7769
qualitybodyworks.com**



Northcoast Children's Services

Do you love being with children?

**Do you enjoy supporting
children learn and grow?**

**Are you looking for a
meaningful profession?**

**Do you want a job that has
evenings and weekends off?**

**Would you love to find a job
with a Hiring Incentive?**

**Northcoast Children's Services
may be what you're looking for!**

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families. We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>

California Outdoors Q&A

← CONTINUED FROM PAGE 6

and harmful for the bear. This leads to predictably bold and destructive bear behavior. Human-food conditioned bears lose their natural and healthy fear of people, and then they can become increasingly brazen in their attempts to gain access to human food and trash. In your case, sadly, it appears we have a sow – mother bear – teaching these destructive behaviors to her cubs.

We always recommend that you report bear issues to CDFW when they first occur and before they escalate. One of the easiest and most effective ways to report bear and other wildlife conflicts to CDFW is through our statewide online Wildlife Incident Reporting (WIR) system. These reports are closely monitored and directed to the appropriate wildlife biologists and human-wildlife conflict specialists in your area who can assist.

Given the severity of your situation, CDFW is still able to help and would be happy to meet with you and your neighbors to discuss best practices for securing food and garbage that likely are luring the bears to your community. It will take a community-wide effort to solve the problems you are now facing. CDFW staff can also suggest other non-lethal deterrents that have proven safe and effective in resolving bear conflicts such as electric fencing or electrified door mats.

Relocation is never an ideal option, as it often simply moves the problem bear to another community to deal with. Bears can be territorial, so relocating a problem bear can also set it up for a life-and-death conflict with other bears already in the area. Relocated bears can and do travel hundreds of miles to return to their home areas. CDFW's Black Bear Policy in California, which was updated earlier this year, explains the various options for dealing with conflict bears in California. Thanks for reaching out. We look forward to working with you and your neighbors to assist in safely coexisting with your black bear neighbors. ♦

Home of the Sweet Deals!

Our friendly and knowledgeable sales staff is here to help you find the car you deserve, priced to fit your budget. Shop our virtual showroom of used cars, trucks and suv's online then stop by for a test drive.

2005 Saturn Ion Quad Coupe 3



Color: White
Interior: Leather
Drive: FWD
Trans: Automatic
Engine: 2.2L I4 DOHC 16V
Mileage: 195,134
Stock #: 1015

\$4,988

2006 Honda Element EX-P 4WD



Color: Blue
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 2.4L I4 DOHC 16V
Mileage: 258,346
Stock #: 1019

\$7,988

2000 Nissan Frontier XE Crew Cab 4WD



Color: Beige
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 3.4L V6 OHV 12V
Mileage: 179,000
Stock #: 1003

\$8,988

2000 Toyota 4Runner Limited 2WD



Color: Maroon
Interior: Leather
Drive: 2WD
Trans: Automatic
Engine: 3.4L V6 DOHC 24V
Mileage: 202,288
Stock #: 4288

\$9,488

2009 Nissan Pathfinder SE 4WD



Color: Blue
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 4.0L V6 DOHC 24V
Mileage: 124,842
Stock #: 1009

\$10,988

2013 Hyundai Sonata GLS



Color: Silver
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.4L I4 DOHC 16V
Mileage: 121,282
Stock #: 4294-E

\$11,988

2014 Honda Civic EX Coupe 5-Speed MT



Color: Bronze
Interior: Cloth
Drive: FWD
Trans: 5 Speed
Engine: 2.3L I4 SOHC 16V
Mileage: 130,290
Stock #: 4236-2

\$12,988

2013 Honda Civic LX Sedan 5-Speed AT



Color: Black
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.8L I4 SOHC 16V
Mileage: 144,978
Stock #: 4310

\$13,988

2005 Chevy Silverado 1500 Ext Cab



Color: Gold
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.3L V8 OHV 16V FFV
Mileage: 170,135
Stock #: 4277

\$13,988

2016 Ford Escape SE FWD



Color: White
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.6L I4 DOHC 16V
Mileage: 116,587
Stock #: 4272

\$13,988

2017 Hyundai Tucson SE



Color: Silver
Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 2.0L I4 DOHC 16V
Mileage: 71,000
Stock #: 1020-E

\$17,988

2016 Toyota Corolla S Premium CVT



Color: Blue
Interior: Leather Trim
Drive: FWD
Trans: Automatic
Engine: 1.8L I4 DOHC 16V
Mileage: 38,575
Stock #: 1007-E

\$19,988

**NOW AT ONE
CONVENIENT
LOCATION**

SWEETHEART
Motors LLC

**Our bigger, better lot
on the corner of
4th and Q St Eureka!**

1537 4th Street, Eureka
707-445-1177 M-F 9-6 • Sat 10-5

www.sweetheartmotors.org

All vehicles subject to prior sale. All prices plus tax, license, smog & documentation. Prices good thru 10/18/22



Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full- and part-time time openings. We offer excellent benefits for full-time positions and provide additional compensation for qualified bilingual candidates (English/Spanish)

Program Assistant

Starts at \$16/hr

Program Assistant, Case Management

Starts at \$16/hr

Human Resource Specialist

Starts at \$18.73/hr

Bilingual CCIP & R&R Specialist

Starts @ \$17.59/hr

Benefits include paid vacation and sick leave, 14 paid holidays, 100% agency-paid, platinum level health insurance, dental, vision, and life insurance, as well as a retirement plan with matching contributions and profit-sharing. COVID-19 Vaccine required.

Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

www.changingtidesfs.org

Hablamos español

[f @changingtidesfamilyservices](https://www.facebook.com/ChangingTidesFamilyServices)



Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full- and part-time time openings. We offer excellent benefits for full-time positions and provide additional compensation for qualified bilingual candidates (English/Spanish)

Clinician I

Starts at \$27.09/hour

Clinician II

Starts at \$5,381/month

Bilingual Clinician I

Starts at \$28.94/hour

Bilingual Clinician II

Starts at \$5,730/month

Mental Health Support Specialist

Starts at \$20.30 /hour

Benefits include paid vacation and sick leave, 14 paid holidays, 100% agency-paid, platinum level health insurance, dental, vision, and life insurance, as well as a retirement plan with matching contributions and profit-sharing. COVID-19 Vaccine required.

Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

www.changingtidesfs.org

Hablamos español

[f @changingtidesfamilyservices](https://www.facebook.com/ChangingTidesFamilyServices)

HEALTH



© APTA

3 Ways a Physical Therapist Can Help You Manage Long COVID

(STATEPOINT) Long COVID can affect anyone who's had COVID-19, even those who've had mild illness or no symptoms initially. New data from the Centers for Disease Control and Prevention shows that nearly 1 in 5 U.S. adults who have had COVID-19 experience new or lingering symptoms that last three or more months after first contracting the virus. Physical therapists can play an essential role in managing symptoms of long COVID.

Long COVID is unpredictable, and research is evolving, however common symptoms include extreme fatigue, shortness of breath, racing heart, dizziness, muscle aches and pains, brain fog, problems completing everyday activities and poor exercise tolerance. It's also important to note that certain types of physical activity may not be appropriate for everyone living with long COVID.

"A highly-personalized plan of care that includes working with a physical therapist is important," says Leo Arguelles, PT, DPT, American Physical Therapy Association spokesperson. "People with long COVID can benefit from being monitored during exertion and should follow prescribed exercise dosing that helps them gradually progress, rather than pushing through fatigue on their own, which could potentially set them back."

Physical therapists are movement experts who regularly treat individuals with the kinds of symptoms that people with long COVID experience. Here are three reasons to consider including a physical therapist on your long COVID care team.

Physical therapists:

1. Take a full-body approach.

Physical therapists assess your overall well-being. They can develop a personalized treatment plan to address issues such as fatigue, respiratory function and cardiac endurance. They can work and communicate with your primary care physician and can refer you to other health care providers if they feel you'd benefit from seeing another specialist. Physical therapists and physical therapist assistants collaborate with each other, and with other health professionals, to ensure that you receive the best care.

2. Help you move safely. Movement is essential to your recovery and your mental health. However, for some people, long COVID includes post-exertional malaise, or PEM, a worsening of symptoms after physical or mental activities. Your ability often may fluctuate — an activity that's easily tolerated one day may exacerbate symptoms the next. Physical therapists develop prescribed exercise programs based on your symptoms and how your body responds and can monitor your symptoms, blood pressure, heart rate and oxygen levels to ensure your safety while doing exercises. This may include low-intensity stretches, strengthening exercises and balance training.

3. Help improve your quality of life.

Through patient education, a physical therapist can help you find the balance between rest and activity and identify the right kind and amount of movement you should get to improve your tolerance for everyday activities.

More research is being done on long COVID every day. Your physical therapist will review available research findings and can adjust your treatment plan

as needed. To learn more and find a PT near you, visit ChoosePT.com. ♦

LOST DOG: MINI CHIHUAHUA, MALE, tan w/ white chest, 8 yrs old. Missing since December in McKinleyville. Please call 707-713-6105 or Joyful Healer Church, McKinleyville. His mom misses and loves him and wants him back please.



Northcoast Children's Services

ACCOUNTS PAYABLE SPECIALIST, Arcata

Duties include a variety of specialized tasks involving the prep & processing of on-going accounts payable. High school graduate or equivalent, plus 3 yrs. of bookkeeping exp. F/T, 40 hrs./wk. \$21.03-\$22.08/hr. **Open Until Filled.**

CENTER DIRECTOR, Eureka

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Req. a minimum of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hr./wk. (M-Fri); \$20.50-\$22.61/hr. **Open Until Filled.**

TEMPORARY ASSOCIATE TEACHER, Willow Creek

Assists teacher in the implementation & supervision of activities for preschool children. Req. a minimum of 12 ECE units—incl. core classes—and at least one-year exp. working w/ children. F/T Temporary, 32 hrs./wk., \$17.43-\$18.30/hr. **Open Until Filled.**

TEACHERS, McKinleyville, Eureka

Responsible for development & implementation of classroom activities—providing support & supervision for a toddler program. Must meet Associate

Teacher Level on Child Development Permit Matrix & have one-year exp. teaching in a toddler setting. F/T position: 40 hrs./wk. & P/T position: 25-28 hrs./wk. \$17.94-\$19.78/hr. **Open Until Filled.**

ASSISTANT TEACHERS, Eureka, McKinleyville, Fortuna, Del Norte

Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' exp. working w/ children. P/T 17-27 hrs./wk. \$15.38-\$16.96/hr. **Open until Filled.**

INTERPRETERS, Eureka, Fortuna

Assist in interpreting in class, at parent meetings and on home visits for children and families. Bilingual Spanish required. Must have 6 months' exp. working w/ children and families. Prefer 6-12 units in Early Childhood Education. P/T 12-20 hrs./wk. \$15.38-\$16.96/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please
call 707-822-7206
or visit our website at
www.ncsheadstart.org

HELP WANTED

CASHIER DELIVERY & WAREHOUSE

APPLY IN
STORE

HOURS
TUE-SAT
11 TO 5



3950 JACOBS AVE (HWY 101) EUREKA
(707) 443-4851 CARLJOHNSONCO.COM

5 Factors to Consider When Buying a Fridge



© krblokhin / iStock via Getty Images Plus

(STATEPOINT) Shopping for a new refrigerator can feel overwhelming. But knowing your exact needs will simplify the process and help you feel confident in your purchase.

“A refrigerator can do a lot more for you than hold your food and keep it cold. Some of today’s models have features that can truly elevate your kitchen experience,” says Peter Weedfald, senior

vice president of sales and marketing at Sharp Home Electronics Company of America. “Knowing your needs and wants can help you be a savvy shopper.”

To find the right fridge for your home, consider these five factors:

1. Measurements. Measure the space where you’ll be placing the fridge. Not only does your new fridge need to fit into this spot, but you also need clearance to open the doors. Having these specifications can help you begin your search and narrow your options.

2. Finish. Consider giving your kitchen a cohesive look by matching the finish of your new refrigerator to your other current appliances. Stainless steel is particularly sleek and easy to clean. With a quick wipe-down, your fridge can look brand new. Ultimately, opt for a finish that you love and that ties your kitchen together.

3. Capacity. Keep your shopping and cooking habits in mind to ensure your fridge size meets your needs. Are you someone who buys a lot of fresh produce and goods? Do you tend to do big grocery hauls? Then a large-capacity fridge is a must. If space is at a premium and you’re searching for something compact, yet still able to handle your needs, the Sharp SJB1255GS, a 24-inch Bottom-Freezer Counter Depth Refrigerator may be the

YOUR STOVE HEADQUARTERS







LINEAR ELECTRIC FIREPLACES • GAS & WOOD ZERO CLEARANCE & INSERTS



INSTALLATION
AVAILABLE

FREE ESTIMATES!

GAS & WOOD



COMPLETE STOCK PIPE FITTINGS, CAPS, STOVE PADS & FIREPLACE ACCESSORIES








3950 JACOBS AVE (HWY 101) EUREKA • 443-4851
STORE HOURS 11 - 5 TUES.- SAT. • CLOSED SUN. & MON
CARLJOHNSONCO.COM

ideal fit. With two shelves, a spacious 4.2 cubic foot freezer with three drawers, and a removable wine rack for quick and easy organization, this innovative space-saving model features well-designed storage solutions.

4. Freezer style. There are three main freezer style options you may come across when looking for a new refrigerator: side-by-side, bottom-freezer, and top-freezer. Determining which style is right for you largely depends on what you want as your main focus. For example, if you use your refrigerator more often than the freezer, a bottom-freezer is a good choice, as it means that your refrigerator shelves will be at eye level.

5. Features. After the basics, such as capacity and finish, comes the fun stuff — extra features. These extra features can really set one appliance apart from another. To get an idea of what's available today, consider the Sharp SJG2254FS, a French Four Door Counter-Depth Refrigerator. A great bet for those who entertain or have growing families and changing needs, it features a triple cooling system that allows you to independently control the refrigerator, drawers, and ice maker for greater flexibility. A multipurpose flex drawer with four independently-controlled temperature settings means you can optimize the storage of meats (30 degrees F) or use it as a beverage cooler (34 degrees F). The flex drawer can also be optimized for deli items and snacks (37 degrees F) or converted to a wine chiller (41 degrees F).

To learn more about the latest fridge features and get more appliance shopping tips and insights, visit shop.sharpsa.com.

Looking for a new fridge, or any major appliance for that matter, comes with challenges, but understanding the latest options available and how they relate to your needs can make the process smooth and simple.



JUDY DAVIS
Insurance Services, Inc.

**Auto • Business • Home
Family • Farms • Ranches**

Clyde

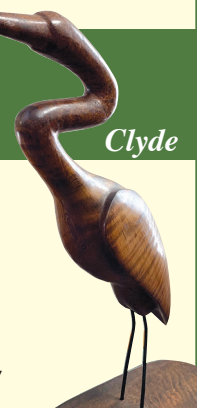
744 10th Street
Fortuna CA 95540
707.725.5411

1933 Central Ave. Ste. D
McKinleyville CA 95519
707.839.5288

www.jdinsurance.com

Lic. # 41787

Serving Northern California Since 1977



GOT BRUSH?

(707) 354-0282

**Site Development
Brush Mulching
Lawns
Rock Walls
Roads**

Gene Wixson
ENTERPRISES
General Engineering
Contractor #864428

24251 Sherwood Rd. • Willits, CA 95490
gnwixson@yahoo.com



**AMERICAN STOVE
AND CHIMNEY WORKS**
HEATING HUMBOLDT SINCE 1978

WINTER'S COMING!
GET READY NOW
FOR THE COLD MONTHS AHEAD.
SEE US NOW FOR BEST PRICES
ON WOOD & GAS STOVES!

GAS & WOOD FIREPLACE INSTALLATION EXPERTS



- Keep your home safe & warm this winter
- Chimney sweeping service
- Improve the value and aesthetics of your home
- **FREE** consultation & estimate

18 FIFTH STREET EUREKA | 707.445.8044

Expert Tips to Organize Your Home for Fall



Statepoint.net

(STATEPOINT) From the walk-in closet to the kitchen pantry, catch-all spots make all the difference in daily routines — but only if they're kept neat and tidy.

Family organizing expert Jessica Litman, also known as “The Organized Mama,” is on a mission to help families declutter and stay organized. She's sharing her pro tips for getting your home in shape for this busy time of year.

Clear Away Cabinet Clutter. ‘Tis the season for autumn chili, stew and other comfort foods. That means it's also time to put your essential slow cookers and pans where you can reach them, so food prep will be hassle-free.

“When the weather starts to cool, I swap out summer cookware for winter bakeware,” says Litman. “I put the grilling items in the back of the cabinet and pull the turkey roaster and baking dishes to the front.”

For added storage, Litman recommends using a shelf rack or vertical organizer to keep cutting boards and pie pans neatly upright and easily accessible.

Prep the Pantry. Create a system that gives grab-and-go snacks and cooking necessities at home. This will help keep the kitchen tidy in the midst of busy work and school schedules.

“Do a pantry cleanout,” Litman says.

“Remove everything from the area and wipe down the shelves. Take the canned goods you didn't eat and donate them to a local food bank.”

Use a combination of Duck brand's Clear Classic EasyLiner shelf liner and new containers to restore order to the space. Measure the shelves, cut the liner to length and then lay it flat. The shelf liner is durable, waterproof and designed to keep surfaces dry while making them easy to wipe clean. Use the measurements to get an idea of what size bins will best fit the area. Store crackers, cereal, oats and pasta in clear containers with labels, and put spices and seasonings in a slim organizer.

“Set up items similarly to grocery store shelves by placing like items together,” Litman suggests. “When you do this, it's like you are shopping in your pantry instead of hunting for things.”

Out with the Old. Before pulling out your fall wardrobe, declutter the piles of “stuff” from the closet. This will make your space seem bigger and more organized.

“Remove clothes from this past season,” Litman recommends. “Look through each garment. If you didn't wear it, donate, toss or sell it.”

Now that there is more room, hang an over-the-door shoe rack for rain boots

and work shoes and use a closet organizer to store accessories, such as belts, purses and scarves. Litman also recommends dry cleaning winter jackets now so they're ready to wear when cold weather comes.

Find Balance in the Bathroom.

Whether it's the primary bath or the kids' washroom, make the most of your space by organizing everything into different categories, like towels and haircare. Once everything is grouped, you can decide what will be kept where based on the available areas. Use a tray on the counter and bins in pullout drawers.

Litman says to wipe and line surfaces, especially under the sink, with Solid Grip EasyLiner with Clorox before putting essentials away. Antimicrobial agents inhibit mold and mildew growth to protect the liner, and will catch make-up smudges and water spills to give the area an extra clean feeling. She also recommends waiting until after the organizing process to buy bins and caddies, so you know exactly what you need.

Once these organizing projects are complete, your home will be ready for all the fun fall festivities and family gatherings.



Harvest, Store and Preserve Herbs from the Garden

by Melinda Myers



English Thyme growing in the garden
Photo courtesy of MelindaMyers.com

KEEP ENJOYING YOUR homegrown herbs all year round. Harvest throughout the growing season and include them in garden-fresh meals. Then preserve a few for the winter ahead.

Snip a few leaves or leaf-covered stems as needed. For the same intensity of flavor, you generally need two to three times more fresh herbs than dried except for Rosemary which has an equally strong flavor fresh or dried. So, if the recipe calls for one teaspoon of dried parsley use one Tablespoon (3 teaspoons) of fresh parsley leaves.

Continue harvesting herbs as needed throughout the growing season. And don't worry about harming the plant because regular harvesting encourages new growth which means more for you to harvest. Just be sure to leave enough of the leaves intact to maintain plant growth.

You can remove as much as fifty percent of the leaves from established annual herb plants. This is about when the plants near their final height. You can remove up to one third from established perennial plants that have been in the garden for several months or more. Harvest when the plant has formed buds, but before they open into flowers for the greatest concentration of flavor. This is the perfect time to harvest herbs

you plan to preserve.

Use a pair of garden scissors or bypass pruners for faster and easier harvesting. Make your cuts above a set of healthy leaves to keep the plants looking good. Then, preserve the flavor and zest of herbs with proper storage and preservation.

Store thin leafy herbs like parsley and cilantro for up to a week in the refrigerator. Place the stems in a jar of water, like a flower arrangement, and loosely cover with a plastic bag. Keep basil out of the fridge to avoid discoloration and others on the counter for quick and frequent use.

Wrap dry thicker-leaved herbs like sage and thyme in a paper towel, set inside a plastic bag and place in a warmer section of the refrigerator.

Freeze sprigs, whole leaves or chopped clean herbs on a cookie sheet. Or pack clean diced herbs in ice cube trays and fill the empty spaces with water. These are great for use in soups and stews. Store the frozen herbs and ice cubes in an airtight container or baggie in the freezer.

Or bundle several stems together, secure with a rubber band and use a spring type clothespin to hang them in a warm, dry place to dry out. Make your own drying rack from an old embroi-

dery hoop, string, and S hooks.

Get creative and use some of your herbs to make a fragrant edible wreath. Use fresh herbs that are flexible and easier to shape into a wreath. They will dry in place and can be harvested as needed.

Speed up the drying process in the microwave. Place herbs on a paper towel-covered paper plate. Start with one to two minutes on high. Repeat for 30 seconds as needed until the herbs are brittle.

Store dried herbs in an airtight plastic or glass jar.

Keep enjoying these fresh-from-the-garden flavors throughout the remainder of the season. And consider preserving a few for you, your family, and friends to enjoy throughout the winter.



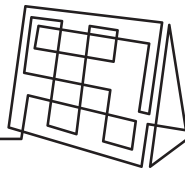
*Melinda Myers has written more than 20 gardening books, including the recently released **Midwest Gardener's Handbook, 2nd Edition** and **Small Space Gardening**.*

*She hosts **The Great Courses "How to Grow Anything"** DVD instant video series and the nationally syndicated **Melinda's Garden Moment TV & radio program**.*

*Myers is a columnist and contributing editor for **Birds & Blooms** magazine and her website is www.MelindaMyers.com.*

Calendar

Oct. 4 - Oct. 18, 2022



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAs-jdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressempowered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Internet, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

Doug Smith and Judy Koch Smith. Sat., Oct. 8, 7 p.m. Rogue Playhouse, 94196 W Moore St., Gold Beach. Grammy-winning guitarist and flutist. \$20.

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market.

Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old County Road, Brookings. Every second Sunday of the month. \$8.

Puzzle Exchange. First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

Del Norte County

ARTS & CULTURE

Music of the Misty Isles. Sat., Oct. 8, 7 p.m. Del Norte County Library, 190 Price Mall, Crescent City. Three harpers play music of Ireland, Scotland and Great Britain. Limited seating, call (707) 464-9793 to reserve. Free, donation.

Pauline Yang. Fri., Oct. 14, 7 p.m. Crescent Elk Auditorium, 994 G St, Crescent City. Classical pianist. Free.

LIFESTYLE & COMMUNITY

Downtown Crescent City Farmers and Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Shop for farm fresh food and meat along with unique handmade art, crafts, jewelry and other items. Enjoy lunch with food and food truck vendors and support the local community of makers and farmers.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

Weaverville Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Every Wednesday at the Highland Art Center meadow. highlandart-center.org.

Humboldt County

ARTS & CULTURE

Always on Sunday. Sundays, 12-5 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Beer, wine and appetizers/salads for purchase. Reservations are required for wood-fired pizza. fieldbrookwinery.com.

Art Club. First Wednesday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St., Eureka. Come for the conversation and bring your own project or partake in one where you'll be provided with materials and instruction for an additional fee. Sign up and see what this month's project is online. \$22. stainedghost.com.

Art Night at the Sanctuary. First Thursday of every month, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Create with others freely or work on a guided project. Bring your own supplies or use what's around to collage, paint, draw, make an art book, etc. \$5-\$20 suggested, no one turned away for lack of funds. sanctuaryarcata.org.

Arts! Arcata. Second Friday of every month, 4-8 p.m. City of Arcata, Arcata. Celebrate the visual and performing arts in Downtown Arcata during Arts! Arcata. Enjoy art, shopping, live music, events and more.

Autumn Run Screening. Sat., Oct. 8, 8-10 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. The locally made film that's won Best First Time Female Filmmaker at the Toronto International Women Film Festival and Best Feature - Micro Budget under \$250,000 at the International New York Film Festival. \$15. ar@clangprod.com. autumnrunmovie.com. (707) 442-6278.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Beer and Peanuts - Fortuna. Sat., Oct. 15, 7 p.m. Fortuna Monday Club, 610 Main St. The Humboldt Harmonaires' annual fall show with beer and peanuts (plus soft drinks) to go with the barbershop choir. Tickets by phone. \$15. srjoepapa@gmail.com. fb.me/e/5oT4IdiDV. (707) 834-0909.

Beer and Peanuts McKinleyville. Fri., Oct. 14. Azalea Hall, 1620 Pickett Road, McKinleyville. The Humboldt Harmonaires' annual fall show with beer and peanuts (plus soft drinks) to go with the barbershop choir. Tickets by phone. \$15. srjoepapa@gmail.com. fb.me/e/28NMmD6lr. (707) 834-0909.

Beetlejuice (1988). Sun., Oct. 9, 5-7:35 p.m.

Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie starts at 6 p.m. Rated PG. All ages. Parental guidance suggested. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. www.facebook.com/events/3546627482225036/. 707-613-3030.

Cirque Mechanics in Zephyr. Tue., Oct. 4, 7 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Theatrical circus show. \$39, \$25 kids, \$5 Cal Poly Humboldt students w/ID.

Comedy Humboldt Open Mic. First Thursday of every month, 8-10 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Tell your jokes.

Compost Mountain Boys. Sat., Oct. 8, 7:30-9 p.m. Fortuna Monday Club, 610 Main St. A rollicking evening of traditional bluegrass music. Please show proof of vaccination and wear masks for the duration of the concert. \$10 at the door, included in 2021-22 or 2023 season ticket. fortunaconcert@live.com. fortunaconcertseries.com.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocio Cristal and Maria Vanderhorst. All

levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Double Feature: *The Exorcist* (1973) + *Hereditary* (2018). Fri., Oct. 14, 7 p.m.-1:15 a.m. Arcata Theatre Lounge, 1036 G St. Doors/pre-show at 7 p.m. *The Exorcist* at 8 p.m. with 30-minute intermission and *Hereditary* at 11 p.m. Rated R. All ages. Parental guidance strongly suggested. Retro-gaming available in the lobby. \$8 admission, \$16 both films. info@arcatatheatre.com. facebook.com/events/5736576656363221. (707) 613-3030.

Double Feature: 2019 *Us* + *Get Out* (2017). Sat., Oct. 15, 7 p.m.-12:30 a.m. Arcata Theatre Lounge, 1036 G St. Doors/pre-show at 7 p.m. *Us* at 8 p.m., 30-minute intermission, then *Get Out* at 10:45 p.m. Rated R. All ages. Parental guidance strongly suggested. Retro-gaming available in the lobby. \$8 admission, \$16 both films. info@arcatatheatre.com. facebook.com/events/492214586051928. (707) 613-3030.

Easton Corbin. Fri., Oct. 7, 9 p.m. Bear River Recreation Center, 265 Keisner Road, Loleta. Country music. Singer of "A Little More Country Than That." All ages. \$125 VIP, \$59, \$49 advance.

Family Arts Day. Sat., Oct. 8, 2 p.m. Morris

Graves Museum of Art, 636 F St., Eureka. Families tour the Junque Art show and create junk art monsters out of recycled materials with assistance and guidance from Genevieve Kjesbu, art educator. All materials will be supplied. Free. humboldtarts.org.

Felipe Esparza (Homecoming Event). Fri., Oct. 7, 8 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. A product of the streets of East Los Angeles, comedian and actor Felipe Esparza is best known for his raw, real-life and universally relatable comedy.

Humboldt Latin Dance and Music Festival. Thu., Oct. 6, 7 p.m.-midnight, Fri., Oct. 7, 5 p.m.-1 a.m., Sat., Oct. 8, 10-1 a.m. and Sun., Oct. 9, 10 a.m.-5 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Award-winning instructors teach 20+ workshops in salsa, bachata, Cuban dances and more. Late-night dance parties on Thursday, Friday and Saturday night with a bar and DJs. All access wristbands are available presale online or at the door. \$18. latindancehumboldt@gmail.com. humboldtlatindance.com. (707) 816-2809.

Karaoke (Thirsty Bear Lounge). Thursdays, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear

CONTINUED ON NEXT PAGE →



Thirsty Thursdays

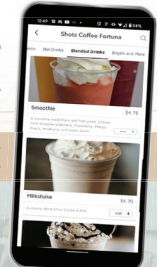


Shots on us every Thursday!

Extra shots of espresso are on us every Thursday.
So go ahead and get that extra pick me up.
We're here for you.

Order Ahead and EARN REWARDS!

Download our app on Google Play or the App Store



FUEL YOUR HUSTLE

1665 Main Street, Fortuna, CA • 541 Wildwood Ave, Rio Dell, CA

Monday-Saturday: 6:00am - 5:30pm • Sunday: 7:00am - 5:00pm

FARMERS
INSURANCE
CANTUA INSURANCE
AGENCY



Lic #OC67822

**AUTO • HOME • LIFE • BOAT • MOTORCYCLE
MOBILE HOME • COMMERCIAL • WORK COMP.**

Two Locations to Serve You

**778 Redwood Drive • Garberville
707-923-2179**

FAX 707-923-9550

**16 W. Valley Street • Willits
707-459-3276**

FAX 707-459-3298

RCantua@farmersagent.com

www.NorCalQuote.com

Yemaya's Apothecary



*Quality Herbal Products
Custom Blends Available
Consultations*

Yemaya Kimmel
Herbalist

www.YemayasApothecary.com

f Yemaya's Apothecary

What's your dream? Let's make it happen!

**Nearby in Nature
or Deep in the Wild**

Elope, Wed or Renew Your Vows.

I'd be honored to officiate your ceremony
and I can also help you plan.



(707) 862-3933

WeddingsInTheWild.com



Paul Marsh

Human Being, PhD
Officiant, Concierge
& Adventurer

2 GUYS & A TRUCK

Carpentry

Landscaping

Junk Removal

Clean Up

Moving

Although we have been in business for 25 years, we do not carry a contractors license.

Call 845-3087

Calendar

← CONTINUED FROM PREVIOUS PAGE

Paws Way, Loleta. Come get your sing on. Free. bearrivercasino.com.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Led Kaapana. Fri., Oct. 14, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Master of stringed instruments, particularly slack key guitar, whose baritone and leo ki'eki'e (falsetto) made him a legend. Vaccination and masks are strongly encouraged. \$35, \$30 advance.

Macabre Cabaret 2022. Oct. 13-15, 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Back from the Virtual Land of the Dead, the Dell'Arte Company presents a raucous night filled with Eldritch horrors, comedy of the occult, grotesque acts, witchy wonders and live music. 18 and up (adult show). \$20, \$15 seniors/students (use coupon: Spooky22). www.dellarte.com.

Madsummer. Oct. 5-8, 8 p.m. and Sun., Oct. 9, 2 p.m. Redwood Curtain Theatre, 220 First St., Eureka. A jukebox musical adaptation of *A Midsummer Night's Dream* set in a care home during a pandemic. Masks are recommended for this 90-minute production without an intermission. \$20, \$15 students/seniors. redwoodcurtain.com.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Lutheran Church of Arcata, 151 E. 16th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

Music in the Garden. Third Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Enjoy live music in the garden. hbgf.org.

Open Mic in the Vintage Television Stage.

First Friday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St., Eureka. Redwood Retro's monthly (first Friday) open mic experience. Music, dance, spoken word, comedy and more. (707) 601-9667.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka.

The longest running comedy open-mic in Humboldt County. Sign-ups at 9 p.m. Show at 9:30 p.m. Comics get 5-minute sets. Snacks, drinks, friendly atmosphere, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707)

845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeakeasybar@yahoo.com. facebook.com/speakeasy-eureka. (707) 444-2244.

Sci-Fi Night: Buffy the Vampire Slayer (1992).

Wed., Oct. 5, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Custom curated pre-show at 6 p.m. Free raffle at 7:30 p.m. Movie at 7:35 p.m. All ages. Parental guidance suggested. Retro-gaming in the lobby. \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/798409954534083. (707) 613-3030.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to play, plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open-Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get 5 minutes. Zero hate speech tolerated. All ages w/caution for language, 21+ID to drink. Snacks, drinks, friendly atmosphere. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Tending the Garden Film & Live Music. Tue., Oct. 18, 6-11 p.m. Arcata Theatre Lounge, 1036 G St. Locally produced documentary about three family farms growing food and cannabis. Q&A

w/filmmakers. Music after with B. Swizlo's Mighty Mystery Lounge featuring members of Object Heavy, Diggin' Dirt and Bump Foundation. \$20. tendingthegardenfilm@gmail.com. arcatatheatre.com. 707-223-4052.

VaVaVoom presents Frightfully Flirty. Sat., Oct. 15, 8-11 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. The VaVaVoom Burlesque Vixens present a Halloween-themed burlesque revue. Come in costume for a chance at prizes. Doors open at 7 p.m., ages 21 and over. \$25, \$20 advance. vavavoom-burlesquevixens@gmail.com. ncrt.net.

Wild & Scenic Film Festival 2022. Sun., Oct. 9, 6-9 p.m. The Inn at 2nd & C, 139 2nd St., Eureka. This curated, Best of the Fest presentation features nine independent films in-person at 6 p.m. and online at 7 p.m. Ticket and event info online. \$25 in-person/\$20 virtual. info@lostcoast.org. lostcoast.org/wild-and-scenic-film-festival/.

Young Frankenstein (1974). Sat., Oct. 15, 7:30 p.m. Eureka Theater, 612 F St. "It's pronounced 'Frankenstein.'" American comedy-horror film directed by Mel Brooks. Doors open at 7 p.m. and the movie starts at 7:30 p.m. \$10, \$5 children 12 and under. info@theeurekath-eater.com. eureka-theater.org/event/young-frankenstein/. (707) 442-2970.

LIFESTYLE & COMMUNITY

Annual Assumption Parish Bazaar. Fri., Oct. 14, 6-9 p.m. and Sat., Oct. 15, 6-9 p.m. Ferndale Portuguese Hall, Fifth Street and Ocean Avenue. Fun for the whole family with games, silent auction and pasta dinner. Dinner at 6 p.m., games at 7 p.m.

Audubon Guided Field Trip w/Gary

Friedrichsen. Sat., Oct. 15, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Friedrichsen at the end of South I Street (Klopp Lake) for incredible views of Humboldt Bay, easy-to-walk trails and a great diversity of birdlife. Free. rras.org.

Audubon Guided Field Trip w/Kathryn Wendel. Sat., Oct. 8, 8:30-11 a.m. Arcata Marsh and

Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Wendel at the end of South I Street (Klopp Lake) for incredible views of Humboldt Bay, easy-to-walk trails and a great diversity of birdlife. Free. rras.org.

Audubon Guided Field Trip. Sun., Oct. 16, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. With leader Ralph Bucher. This relatively urban, flat, paved, wheelchair accessible trail offers species abundance and diversity. Email sign up. Free. thebook@reninet.com. rras.org.

Audubon Guided Field Trip. Sun., Oct. 9, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Meet Ralph Bucher at the Visitor Center for this special trip celebrating National Wildlife Refuge Week. The 4-mile loop walk is on a wide, gravel-packed, and easily accessible trail. The levee will be open for the day and provides access to the north end of the refuge. Free. thebook@reninet.com. www.rras.org.

Best of the Wurst. Thu., Oct. 6, 5-7 p.m. The Lodge, 445 Herrick Ave., Eureka. The Rotary Club of Southwest Eureka's annual dinner includes grilled bratwurst, German potato salad and a giant pretzel. Dine-in or take out a boxed dinner delivered to your car. Benefits the Lyme Disease Testing Access Program and other club projects. Tickets online or at pickup site, no cash. \$25 before 9/30, \$30 after 9/30. swrotary.org. (707) 845-3459.

Boots & Birkenstocks: NRLT's Annual Celebration. Sat., Oct. 8, 5-9 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Celebrate the conservation of wild and working lands at the Northcoast Regional Land Trust's annual event with dinner, drinks, live music and a live and silent auction. \$100. info@ncrlt.org. givebutter.com/AC2022. (707) 822-2242.

Brunch at Arcata Veterans Hall. Sun., Oct. 9, 9 a.m.-1 p.m. Arcata Veterans Hall, 1425 J St. Eggs, pancakes, sausage (vegan options included), bacon, hash browns and a monthly special. Complimentary coffee provided by Kinetic Koffee. friendsofthetveteranshall@

CONTINUED ON NEXT PAGE →

su | do | ku

© Puzzles by
Pappocom
Medium #13

			3			1		
6					1	5	7	
			4				2	
	8	6					9	
7			9		3			6
	1					7	5	
	6				4			
	2	8	1					9
		3			9			

www.sudoku.com

Clear Lake Lots

5000 square feet from \$500 down, \$286/Month

Utilities Available • 1 Mile From Lake • Owner will Finance

No Credit Check • Cash is King • 707-998-1785 or 707-523-5239

BECAUSE OF THE ECONOMY TODAY, THE SAFEST INVESTMENT IS REAL ESTATE

Lowell DRYWALL

Lic #988933

There's no job too small,
crack repair, patchwork,
remodels, or new
construction; serving Lake
and Mendocino County.

CELL PHONE:
707-621-3511

MESSAGE PHONE:
707-274-7072

FIND US ON FACEBOOK 

Calendar

← CONTINUED FROM PREVIOUS PAGE

gmail.com. fb.me/e/2S93eygCQ.

Cal Poly Humboldt Block Party. Sat., Oct. 8, 11:30 a.m.-4:30 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. Enjoy food trucks, fair attractions, musical performances and more. Featuring Portugal. The Man, Free nationals, SunSquabi and others. Free.

Drop-In Volunteer Day. Thu., Oct. 6, 1-4 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Get a taste of a farmer's work growing vegetables, herbs and flowers. Come prepared for sunshine, cold, wet and working in the dirt. Bring a water bottle, snacks, closed toe shoes, long pants, sleeves and a sun hat. Free. baysideparkfarm@cityofarcata.org. cityofarcata.org/440/Bayside-Park-Farm. (707) 822-8184.

Dune Restoration Work Days. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help restore the dune ecosystem of the Humboldt Coastal Nature Center by removing invasive plants. Training in plant identification and removal provided. COVID-19 safety practices in place. Wear masks while gathered and practice social distancing. Free. dante@friendsofthedunes.org. friendsofthedunes.org/dert-days. (707) 444-1397.

Eighth Grade Carnival. Fri., Oct. 7, 5:30-8:30 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Haunted house, carnival games, silent auction and food. Fundraiser for the Ferndale 8th Grade class trip. In Belotti Hall. Free. (707) 786-5300.

Food for People's Free Produce Market - Garberville. Tue., Oct. 11, 10:30 a.m.-noon. Garberville Presbyterian Church, 437 Maple Lane. Drive-thru event. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Food for People's Free Produce Market - Redway. Tue., Oct. 11, 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Drive. Drive-thru and walk-up. Cars enter from Empire Drive. foodforpeople.org. (707) 445-3166.

Fortuna Pumpkin Patch & Corn Maze. Wednesdays-Sundays, 11 a.m.-6 p.m. Fortuna Pumpkin Patch, 1813 Eel River Drive. Pumpkins priced by the pound. Corn maze. Pigs and goats to pet, too. Special events each weekend through October. Free admission, \$5 corn maze, corn maze free for under 5. info@tableblufffarm.com. TableBluffFarm.com. (707) 890-6699.

BANDERA

U.S.A.

- SALES
 - SERVICE
 - INSTALLATION
- by Licensed Contractors

WATER TANKS

DISCOUNT
on selected tanks
5 or more



We carry Snyder, Bushman & Norwesco 165 - 5000 gallon



Monday - Friday • 8 am - 5 pm
1315 Fernbridge Dr., Fortuna, CA 95540
Toll free 866-226-3378
Phone 725-0434 • Fax 725-1156

Freedom Matters. Second Tuesday of every month, 7 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Meets every second Tuesday of the month.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, eggs, meat, baked goods, nursery plants and starts, oysters, live music on the square, crafts and more.

Habitat Improvement Team Volunteer Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Hiking Basics. Sat., Oct. 8, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. This first workshop covers hiking basics such as what to bring, where to go and gauging length and difficulty level of hiking locations. After a short indoor tutorial, go on a slow and easy hike to the beach. RSVP required. Call or email to sign up.. Free. info@friendsofthedunes.org. friendsofthedunes.org/naturenewbies. (707) 444-1397.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

No Tricks, Just Treats Fall Quarter Craze. Fri., Oct. 7, 5 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Pulled pork dinner, auction and bidding. No host bar available. Purchase tickets at the FUHS District Office. \$20 dinner and three paddles.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. Fresh local produce, eggs, bread, specialty sourdough donuts

and more. Plus music and hot food vendors. Market match for CalFresh EBT customers. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/old-town.html. (707) 441-9999.

Old Town Vintage Market. Third Sunday of every month, 10 a.m.-6 p.m. Redwood Retro, 211 G St., Eureka. A summer block party with vintage, second hand, artisan vendors and more.

Organic Matters Ranch Pumpkin Patch. 10 a.m.-6 p.m. Organic Matters Ranch, 6821 Myrtle Ave, Eureka. Five acres of Jack o' Lanterns and specialty squash. Hay playground, sunflower maze, scarecrow contest. Delight-Full grilled cheese/hot dog stand on weekends. Fall Harvest Fair Oct 8,9,15 and 16. No pets please. Open everyday in October. info@organicmattersranch.com. (707) 798-FARM(3276).

Our Lady of Fatima Celebration Weekend: Arraial Game & Silent Auction. Thu., Oct. 6, 6-11 p.m., Fri., Oct. 7, 5:30-11 p.m., Sat., Oct. 8, 7 p.m.-midnight and Sun., Oct. 9, 11 a.m.-4 p.m. Arcata Portuguese Hall, 1285 11th St. Three-day event with Mass and Rosary, food, live music, Arraial white ticket game, silent and live auctions. Get daily event info on Facebook.

Pumpkin Carving Jamboree. Sat., Oct. 15, 12-4 p.m. Earthly Edibles, 1171 Mad River Road, Arcata. Pumpkin carving contest with prizes, face painting, costume closet, Halloween-themed treats and spooky tunes. Arrive in costume for a free raffle ticket. Free, each attendee gets one free pumpkin to carve. outreach@hdvs.org. facebook.com/events/1247031816136002/. (707) 444-9255.

Scarecrow Building Contest. 10 a.m.-6 p.m. Organic Matters Ranch, 6821 Myrtle Ave, Eureka. Build a scarecrow for displayed at the pumpkin patch during October. Scarecrows can be installed until Oct. 7 during pumpkin patch hours. Email for entry forms or visit website for flier with QR code for forms. \$10. info@organicmattersranch.com. (707) 798-FARM(3276).

Scream-A-torium. Fri., Oct. 7, Sat., Oct. 8, Fri., Oct. 14 and Sat., Oct. 15. Scream-A-Torium Haunted House, 906 Main St., Fortuna. Eleven days of scare. Details and tickets online. \$10-\$20. screamatoriumhaunt.com.

Taco Fest. Sat., Oct. 15, 10 a.m.-6 p.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Tacos, margaritas, music and more. Outdoor event. \$50 VIP, \$10, \$5 advance. bearrivercasino.com.

The Mad Pour. Sun., Oct. 9, 12-4 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Support the water that makes

your beer with tastings from local brewers. Live music from Band of Brothers. Get tickets in advance at Humboldt Beer Works, Wildberries Marketplace, the Logger Bar or Mad River Brewery Taproom. \$20. fb.me/e/9XIjPsuGz.

Upcycled Market. Sun., Oct. 16, 11 a.m.-4 p.m. Gene Lucas Community Center, 3300 Newburg Ave., Fortuna. Browse unique, vintage and eco-friendly items. Presented by Zero Waste Humboldt. glccenter.org.

NIGHTLIFE

Reel Genius Trivia at Blue Lake Casino every 2nd/4th Tuesday. Tue., Oct. 11, 6:30-8:30 p.m. Blue Lake Casino & Hotel, 777 Casino Way. General trivia for prizes. Ages 21 and up. Max four persons per team. Free. partners@reelgeniustrivia.com. fb.me/e/25DxDwKUF. (707) 601-1606.

Reel Genius Trivia at Tres Chilis Second and Fourth Thursdays. Thu., Oct. 13, 6-8 p.m. Tres Chiles Picosos, 3502 Broadway St., Eureka. General Trivia. Fun for everyone. Free to play, win prizes. Max seven players per team. Free. partners@reelgeniustrivia.com. fb.me/e/2k1PoHeBQ. (707) 601-1606.

Reel Genius Trivia First and Third Thursdays. Thu., Oct. 6, 6-8 p.m. Scotia Lodge, 100 Main St. General trivia. Fun for everyone. Free to play, win prizes. Max 7 players per team. Free. partners@reelgeniustrivia.com. fb.me/e/iMzpNir4Q. (707) 601-1606.

Reel Genius Trivia Wednesdays at the Madrone. Wednesdays, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia for everyone Free to play, win prizes. Max seven people per team. Free. partners@reelgeniustrivia.com. reelgeniustrivia.com/. (707) 601-1606.

Thursday-Friday-Saturday Canteen. Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Mendocino County LIFESTYLE & COMMUNITY

First Friday Art Walk. First Friday of every month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from

CONTINUED ON NEXT PAGE →



**TWISTER T4 VSC
TRIMMING MACHINE**



**CAS PB150 LEGAL FOR
TRADE SCALE**



**YOUR HARVEST HEADQUARTERS
& SMOKE SHOP**

591 Briceland Thorn Rd, Redway 707.923.9319
Hours: 10 to 5 Mon. - Fri. Sat. 10 to 4



**CENTURION PRO HP3
BUCKER & STAND**



**HARVEST RIGHT
PHARMACEUTICAL
FREEZE DRYER**

TRIM MACHINES, BUCKING MACHINES, POLLINATORS, SCALES, EXTRACTION EQUIPMENT

one venue to the next; each showcasing local art and artistry.

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Willits Ranch Rodeo. Sat., Oct. 8. Willits Frontier Days Rodeo Grounds, E Commercial St. Featuring a barbecue cook-off, bulls, broncs and ranch broncs, cornhole competition and more. www.WillitsFrontierDays.com.

Lake County

LIFESTYLE & COMMUNITY

Bites, Beats & Barrels. Third Saturday of every month, 2-7 p.m. Stonehouse Cellars, 500 Old Long Valley Road, Clearlake Oaks. A night of laid-back fun featuring food, wine, live music and dancing.

First Friday Makers Faire & Open Mic. First Friday of every month, 4:30-8:30 p.m. Middletown Art Center, 21456 Hwy 175. Featuring local artisans, makers and more in the outdoor art garden and back studio of MAC. Open Mic start at 6 p.m. Enjoy cob oven pizza, make connections, be inspired and entertained.

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

Upper Lake Fall Festival. Sat., Oct. 8, 10 a.m.-4 p.m. Main Street, Upper Lake, Upper Lake. Upper Lake High School Homecoming Parade followed by the Main Street Festival with arts and crafts vendors, food vendors, beer booth, live music, silent auction and family activities. ♦



October is Apple Month. Let our office compare "apples to apples" with your current insurance policy to see if we can get you a better rate. Call our office for a free quote for home, auto, motorcycle, boat, and RV.



**KAREN MICLETTE
INSURANCE AGENCY**

833 Redwood Dr., Garberville
(707) 923-3206
Lic. #0826015

We're dedicated to our community.

Auto ♦ Business ♦ Health ♦ Liability ♦ Life
Watercraft ♦ Motorcycle ♦ Flood ♦ Home ♦ Bond

Lawn Care Service

**Riding & cordless mowers,
both with baggers • Dump runs
Weed eating • Hedge trimming**

Call Corey 707-382-2698

**\$35/hour
2 hour
minimum**

NORTH COAST
TRADER



>

THETRADER707.COM

<

HOME COUNTRY

By Slim Randles



IT WAS LIKE buzzards circling a body.

The Jones kid, Randy, was out in the Mule Barn parking lot with the hood up on his car. He was staring down into it the way a first-time parachutist would look out the airplane door. You never quite knew for sure what lay ahead.

"Looks like Randy's got problems," said Steve.

"Let's have a look," said Dud.

So coffee was left to get cold and the entire Supreme Court of All Things Mechanical — Steve, Dud, Doc, Herb and Dewey — trooped out to see what was going on.

They formed a powerful semi-circle of wisdom around the youth and his engine with folded arms and facial expressions that said, "It's okay, Kid. We're here."

Dewey spoke first. "Having trouble, Randy?"

"Won't start."

Doc, who has the most initials after his name, said, "Give iTt a try."

Randy ground the engine, but it wouldn't kick over.

"Stop! Stop!" Doc yelled. "Don't want to flood it."

All Doc knows about flooding is that the animals went on board, two by two.

"Randy, I think it's the solenoid," said Steve, looking wise.

"Doesn't have one, Steve," Randy said.

"Sure it does. All cars have solenoids."

"Not the new ones. Haven't made solenoids in years."

Steve's expression said, "Young punks, what do they know?" But his voice said, "Well, what do you know about that?"

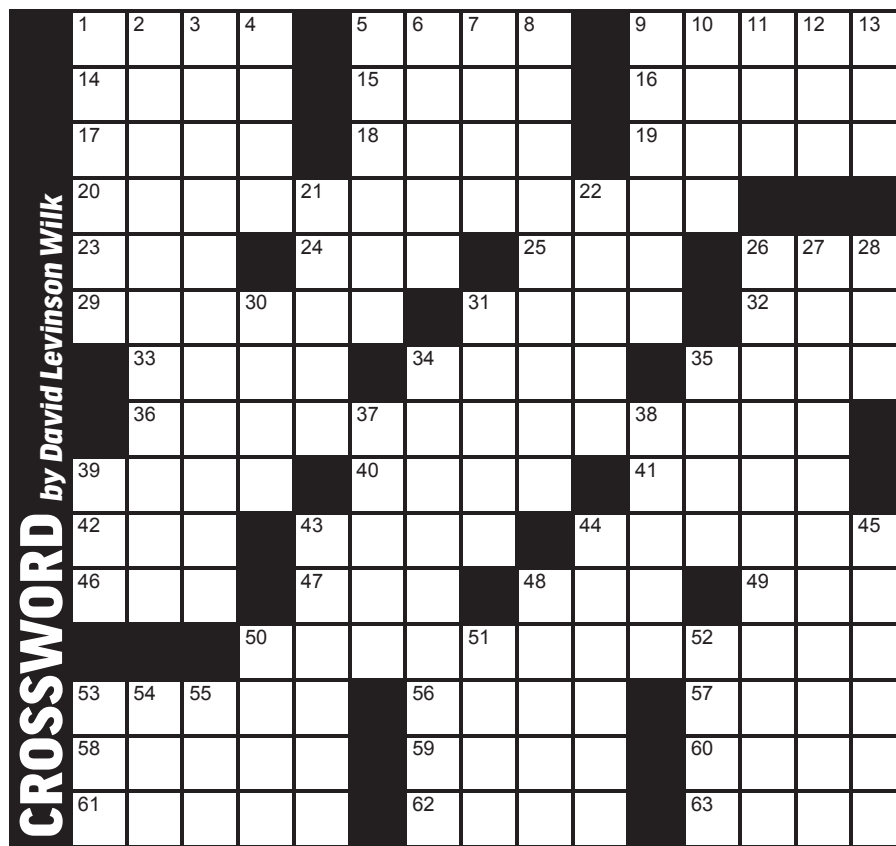
"Need a jump?" Dewey asked.

"Got plenty of spark," Randy said.

Randy looked at the older men and then bent to the engine and smiled. His voice came floating up over the radiator. "Might be the junction fibrillator. Or it could be a malfunction of the Johnson switch. If I rerun the wire from the organ housing to the pump by-pass, that might get it done."

When Randy looked up, all the men had gone back in for coffee. He smiled and called Triple A on his cell phone. ♦

Brought to you by Ol' Max Evans, the First Thousand Years, by Slim Randles.
Available from unmpress.com.



VP — Answers in the next edition

ACROSS

1. X-rated stuff
5. Declare openly
9. Z-Series blade maker
14. Yothers of "Family Ties"
15. Prefix with gram
16. Sticky
17. Jump shots have them
18. Talk like thish
19. Adams who photographed Yosemite
20. VP of the CIA?
23. Suffix with legal
24. Battleship letters
25. "Lost" actor Daniel ___ Kim
26. Mormon Church inits.
29. Like some modern pirates
31. Has title to
32. "My lips ___ sealed"
33. Work (up)
34. Country music's Paisley
35. "Garfield" dog
36. VP of the Kremlin?
39. New York's ___ Field
40. Final four?
41. Class that might have finger painting and naptime
42. Prefix with lateral
43. Mia of "Ferris Bueller's Day Off"
44. Just enough to whet one's appetite
46. Saldana of "Avatar"
47. Cy Young Award factor
48. Writer Umberto
49. One of a snorkeler's pair
50. VP of the Screen Actors Guild?

53. South American capital city whose name translates to "the peace"
56. Pop ___
57. Big boats
58. Sundance entry, usually
59. ___ contendere (court plea)
60. Fraction of a min.
61. Burn badly
62. Bite like a rat
63. "Sock ___ me!"

DOWN

1. Fights (off)
2. 1995 Best Supporting Actress winner
3. Affectionate nickname for the TV comedian called "the thief of bad gags"
4. "Don't ___ me, bro!"
5. Birthplace of St. Francis
6. Crop-damaging animals
7. "Movin' ___" ("The Jeffersons" theme)
8. 2013 film that was rated PG-13 for "intense frightening zombie sequences"
9. Skateboarders and snowboarders compete in them
10. Four-star
11. NYSE listings
12. Thing to drive off of
13. Olive ___
21. Announced a decision
22. Classic John Updike short story set in a grocery store
26. Tenet of chivalry
27. It may be requested when

- approaching the bar
28. "Get it?"
30. Jai ___
31. Language of eastern India
34. It became an Olympic sport at the 2008 Summer Games in Beijing
35. Neither esta nor esa
37. "Didn't ___ you?"
38. Slangy request for a high-five
39. Informal comeback to "How come?"
43. Took by force
44. "Don't delay!"
45. "Romanian Rhapsodies"

© 2022 DAVID LEVINSON WILK

LAST WEEK'S ANSWERS TO TREE TRIMMING														
L	A	S		A	G	A	T	H	A		F	A	T	E
I	L	L		M	A	N	I	A	S		A	X	I	S
L	E	O		E	P	O	N	Y	M		Z	E	S	T
J	A	P	A	N	E	S	E	M	A	L	E			
O	V	E	N	S				O	R	A		G	R	O
N	E	S	T		N	O	R	W	A	Y	P	U	C	E
				S	A	R	I			S	A	L	A	D
				W	E	E	P	I	N	G	W	I	L	L
I	C	E	I	N				N	E	O	N			
Q	U	A	K	I	N	G	A	S	P		A	B	B	A
S	E	N		O	E	R				A	R	R	O	W
				T	R	E	E	T	R	I	M	M	I	N
B	A	C	H		D	W	A	Y	N	E		E	N	E
O	R	E	O		T	O	T	E	M	S		F	I	E
D	I	O	R		O	N	U	S	E	S		S	E	Z



Trailer & RV Supply

707-459-2423 Go to trailer101.com today!

See Our Complete Inventory...Pictures, Prices & Descriptions Of Everything We Normally Stock!



2021 535gal Water Trailer **\$9,900**



2021 725gal Water Trailer **\$10,900**



5'x 10' 3.5K Mirage Enclosed **\$10,250**

10% OFF ANY LOAD TRAILER ON OUR LOT IN OCTOBER



2022 83" x 14' Dump Trailer **\$12,500**



2022 96" x 14' Deck Over Dump Trailer **\$14,500**



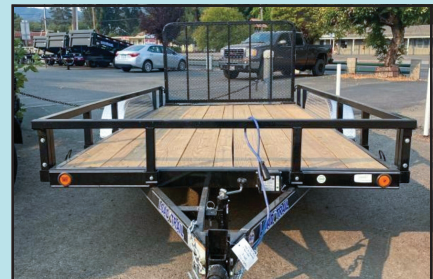
2022 83" x 14' Dump **\$14,500**
W/ 36in High Sides



2022 83" x 20' 14K Tilt N' Go **\$12,250**



2022 83" x 18' 14K Carhauler **\$7,900**



2022 83" x 14' 7K Utility Trailer **\$5,200**



1471 South Main • Willits

HOURS: Mon-Friday 8:00^{am} 5:00 and Sat 9:00^{am} 1:00
All Units Subject to Prior Sale. All Prices Plus Tax, Lic, & Doc Fees.

Financing Available